

What is Claimed:

1. An apparatus for stretching a user's leg muscles, comprising a rocker device having a lower rocking surface that is arcuately shaped for rocking motion on a generally flat surface and an upper platform surface having a recess for receiving a user's knee in a bent condition of the user's leg for stretching the user's quadriceps upon rocking motion.
2. An apparatus in accordance with claim 1, wherein the recess is cushioned.
3. An apparatus in accordance with claim 1, wherein the rocker device has at least one handle for transporting the rocker device.
4. An apparatus in accordance with claim 1, wherein the recess has at least one indentation for receiving the user's shin bone when the user's knee is received in the recess in a bent condition.
5. An apparatus in accordance with claim 1, wherein the user's knee is bent at an approximately 90° angle.
6. An apparatus in accordance with claim 1, wherein the upper platform surface is configured to rest on a generally flat surface allowing a user alternatively to position the user's heel of the user's leg on the lower rocking surface for stretching the user's hamstring muscle or to position the user's foot of the user's leg on the lower rocking surface for stretching the user's calf muscle.

7. An apparatus for stretching a user's leg muscles, comprising a rocker device having a lower rocking surface that is arcuately shaped for rocking motion and an upper platform surface having a recess, said rocker device being alternatively positionable between

a first position wherein the lower rocking surface rests on a generally flat surface allowing the user to position the user's knee in a bent condition of the user's leg in the recess of the upper platform surface for stretching the user's quadriceps upon rocking motion, and

a second position wherein the upper platform surface rests on a generally flat surface allowing a user to position alternatively the user's heel of the user's leg on the lower rocking surface for stretching the user's hamstring muscle or to position the user's foot of the user's leg on the lower rocking surface for stretching the user's calf muscle.

8. An apparatus in accordance with claim 7, wherein the recess is cushioned.

9. An apparatus in accordance with claim 7, wherein the rocker device has at least one handle for transporting the rocker device.

10. An apparatus in accordance with claim 7, wherein the recess has at least one indentation for receiving the user's shin bone when the user's knee is received in the recess in a bent condition.

11. An apparatus in accordance with claim 7, wherein the user's knee is bent at an approximately 90° angle.

12. A method of stretching a user's leg muscles using an apparatus comprising a rocker device having a lower rocking surface that is arcuately shaped for rocking motion on a generally flat surface and an upper platform surface having a recess for receiving a user's knee in a bent condition of the user's leg for stretching the user's quadriceps upon rocking motion, the method comprising the steps of:

- a. resting the lower rocking surface on a generally flat surface;
- b. placing a user's knee in a bent condition in the recess of the upper platform surface; and
- c. rocking the apparatus backwards and forwards using the user's knee in the recess to guide the rocking motion of the rocker device for stretching the quadriceps muscles.

13. A method in accordance with claim 12, wherein the user's knee is bent at an approximately 90° angle.

14. A method of stretching a user's leg muscles, the method comprising the steps of:

- a. providing a device having a lower rocking surface that is arcuately shaped for rocking motion and an upper platform surface having a recess;
- b. selectively positioning the device in a first position wherein the lower rocking surface rests on a generally flat surface or a second position wherein the upper platform surface rests on a generally flat surface; and
- c. selectively stretching the user's leg muscles by:
 - i. stretching the quadriceps muscles in said first position by:

A. placing a user's knee in a bent condition in the recess of the upper platform surface; and

B. rocking the device backwards and forwards using the user's knee in the recess to guide the rocking motion of the device for stretching the quadriceps muscles; or

ii. stretching the hamstring muscles in said second position by:

A. placing a heel of one of the user's outstretched legs on the lower rocking surface; and

B. leaning forward towards the device for stretching the hamstring muscles; or

iii. stretching the calf muscles in said second position by placing one foot of the user's leg on the lower rocking surface while maintaining contact with the generally flat surface with the heel of the user's foot for stretching the calf muscles.

15. A method in accordance with claim 14, wherein the user's knee is bent at an approximately 90° angle.